

Twenty Prayers for Tough & Troubled Times

by Lee Thomas



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Contents

<i>Prayer I</i>	<i>Prayer In Despair</i>	<i>Page 3</i>
<i>Prayer II</i>	<i>Prayer for Money</i>	<i>Page 3</i>
<i>Prayer III</i>	<i>Prayer for Victims of SuperStorm Sandy</i>	<i>Page 4</i>
<i>Prayer IV</i>	<i>The Wisdom to Help Others</i>	<i>Page 4</i>
<i>Prayer V</i>	<i>Thanksgiving Before Meals</i>	<i>Page 5</i>
<i>Prayer VI</i>	<i>Prayer for Good Health</i>	<i>Page 5</i>
<i>Prayer VII</i>	<i>Prayer for Work</i>	<i>Page 5</i>
<i>Prayer VIII</i>	<i>Prayer for Recovery From Illness or Operation</i>	<i>Page 6</i>
<i>Prayer IX</i>	<i>Prayer for Those in a Home or Hospice</i>	<i>Page 6</i>
<i>Prayer X</i>	<i>Prayer at Bedtime</i>	<i>Page 7</i>
<i>Prayer XI</i>	<i>Morning Prayer</i>	<i>Page 7</i>
<i>Prayer XII</i>	<i>Family Prayer</i>	<i>Page 7</i>
<i>Prayer XIII</i>	<i>Prayer for The Homeless</i>	<i>Page 8</i>
<i>Prayer XIV</i>	<i>Prayer for Those in Slavery or Bondage</i>	<i>Page 8</i>
<i>Prayer XV</i>	<i>Prayer to Avoid Foreclosure</i>	<i>Page 8</i>
<i>Prayer XVI</i>	<i>Prayer for Priestly and Pastoral Vocations</i>	<i>Page 9</i>
<i>Prayer XVII</i>	<i>A Special Prayer to Jesus</i>	<i>Page 9</i>
<i>Prayer XVIII</i>	<i>Prayer for Wisdom for Salvation</i>	<i>Page 10</i>
<i>Prayer XIX</i>	<i>Stop The Killing of The Innocents</i>	<i>Page 10</i>
<i>Prayer XX</i>	<i>Prayer for Peace</i>	<i>Page 11</i>
<i>Prayer XXI</i>	<i>Prayer Before Confession</i>	<i>Page 11</i>
<i>Postscript Prayers -</i>	<i>Prayer Before Mass & Prayer for Haiti</i>	<i>Page 12</i>

Preface to Prayer

Prayer is how we present our petitions, pleas and needs to the Saints and to Jesus and through them, to God Our Father. For our Prayers to work, we must have Faith and Believe that God will hear us, answer our Prayers and grant us what we ask. There is no such thing as a Perfect Prayer. Unless you are reciting one of the Classic Prayers like the Hail Mary or Our Father, feel free to vary the words and add or subtract from the text. The important thing is that you pray from the Heart with Faith. Then be patient, give The Lord time to work His miracles. God Bless You!

All Prayers in this book, excepting the Our Father on Page 9 were written by the author. All Bible Quotations are from my treasured Saint Joseph Edition of The New American Bible; Catholic Book Publishing Corp. 1992. Twenty Prayers for Tough & Troubled Times is Copyright © 2013 by Lee T. Sowers. All rights reserved.

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Matthew 21:22. Whatever you ask for in prayer with faith, you will receive.

I - Prayer In Despair

Dear Lord, I have reached new depths of despair. The adversities which afflict me have darkened my world, sapped my strength and hardened my heart. I struggle to keep my Faith and fear that You have deserted me. But I know that You would never do that. Therefore Dear Lord, I ask You to bless me with the strength to sustain my Faith and persevere in the presence of these adversities. In Your Mercy forgive me for the part I played in bringing about my problems and hurry to my aid.

Grant me the Wisdom to see the ways to overcome these problems and restore the prospect of a promising and fulfilling future. Work Your Miracles on my behalf to lift the yoke of my burdens so that I may once again take care of my family and loved ones, and contribute to my community. And Lord, just as You help me, let me never forget to help those who are less fortunate than I. Amen



II - Prayer for Money

Dear Lord, we desperately need money to provide the sustenance and shelter necessary for our family to live. We do not seek wealth, nor ask for riches to support an extravagant lifestyle, but simply for the bare necessities to survive. The rent is long overdue, debts are unpaid, our clothes in tatters, and the meager meals we share do not feed our hunger. We have Faith and Trust in You to bless us with the relief, the money and the means to once again pay our debts, fill our stomachs and clothe our bodies so that we may go about doing Your Will, spreading The Word and helping others in need. We give You thanks for hearing our prayer and relieving our plight, and we ask that You show Mercy on all who suffer. Amen.

III - Prayer for Victims of SuperStorm Sandy and other Natural Disasters

The wrath of nature has laid waste to us. Our homes are destroyed, our possessions scattered, our livelihoods disrupted, and our loved ones who have not perished have been injured both physically and spiritually, We pray to You Dear Lord to welcome those who have perished into Your Kingdom of Heaven and to show Mercy to Your Faithful Followers remaining here among the ravished ruins of our community. Dear Shepherd, please gather Your Flock and provide us with the food, clothing shelter and spiritual sustenance we need to survive. Help us maintain our Faith in these darkest of hours so that we may inspire others who suffer and triumph over despair,



depression and anguish. Inspire others to give us great help in our time of great need and bless us with the strength, stamina, and means to rebuild our community and our lives so that we may serve as a shining example of Faith, Love, Hope and Charity to all those who suffer around the world. Amen.

IV – The Wisdom to Help Others

So many need so much. How can I help? My funds are few and my time is taken with providing for my family and loved ones. The magnitude of the suffering is so far beyond the capability of my meager resources that I do not see how I can make a difference. I am willing to sacrifice, but the greatest of my sacrifices seems so small as to be trivial in the face of the needs of so many. Lord, how shall I help them? Send the Holy Spirit to inspire me with the ways in which I can make a difference. Show me how to live more frugally that I may have more to give, Bless me with success in my work that I may have a larger bounty to share. Let my Faith shine forth that I may be a model for others to follow. Inspire me with the courage to not be discouraged and to understand that it matters not how much I can give as long as I give as much as I can. Lord God, please help me to help them. Amen.

V - Thanksgiving Before Meals

Dear Lord, we give You our thanks for this bounty of good food which we have before us. We are truly blessed because many have less and some have nothing with which to feed their hunger. We pray that You assuage their distress and suffering by blessing them with food for their bodies and their souls. We humbly ask that this bounty with which You have blessed us will provide the wisdom and strength to discern and do Your will and to help us help those less fortunate than we. Amen.



VI - Prayer for Good Health.



Dear Lord, please bless me with the strength, stamina and good health that will enable me to work long and hard to do Your Will, to spread The Word, to help others in need, and to do good works. Although surrounded by sickness, protect me from this contagion until the danger passes. Help me to make good choices in my food, drink and exercise so that my body remains strong and my mind sound for use in Your Service. And as you protect me, please protect my children and my loved ones that they may also stay well and able to serve You. Lord, protect not just our physical health and mental well being, but also our souls and spiritual health as well. The well being of my family is in Your Hands. Amen.

VII - Prayer for Work

Dear Lord, I need to find work to provide for my family, to tithe to my Church and to help those in need. My body is willing, my mind is able and my heart is sincere. Surely my skills must be needed and can be used for good purpose even in these tough times. Please bless me as I search for work, inspire me to knock on the right doors, and to seek the right position, that I may find the work that I and my family so desperately need. Amen.



VIII - Prayer for Recovery from a Serious Illness, Accident or an Operation

Dear Lord, I beg for Your mercy and blessing as I lay here in pain, sick and suffering and longing for the day when I may again pursue my life, my work, and be with my loved ones. I know the care I have received was the best available, that the Holy Spirit guided my treatment decisions, and I have



Faith that, in time, I will heal as hoped and fully recover. I ask You to bless and watch over me, hasten my recovery, renew my strength and restore me to good health that I might serve You, care for myself and my loved ones, and be an example to all who know me of the Miracles that are possible for those who have true Faith in You. For with God all things are possible. Amen.

James 5:15 and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.

IX - Prayer for Those In Long Term & Hospice Care

My most cherished loved one lies suffering, barely alive. Their pain wracked body entraps their mind and saps their spirit, numbing their brain so that they can only vaguely remember what once was, and dream of what might have been. Their interminable suffering is only interrupted when nurses and doctors stop by at infrequent intervals to poke and prod and stick them with all sorts of intrusive implements. How they must long for the days when they could walk unaided, eat without assistance, and dream of the good times to come, rather than dread the morrow. Dear Lord, please have mercy on my beloved, ease their pain and assuage their anxiety. Bless the nurses and doctors with the wisdom to use all of their skills to save my dearest. If it be Your Will that they live longer to serve You, please bless them with the strength and stamina to enjoy a speedy recovery. But if Your Will is to call them to Heaven to sit by Your side, please ease their passing and bring them peace and freedom from pain in the time they have remaining with their loved ones before going on to join You. My Lord, Your Will be done. Amen.

X – Bedtime Prayer

Dear Lord, as I reflect on this day, on what I have done, and that which I failed to do, I ask You to forgive me for any lapses of Faith, waste of time and talent, or failure to help others in need. I thank You for the blessings You bestowed upon me and my family, even if I do not recognize them as Your Work at this time. Lord please bless us and protect us from all evil and harm as we rest our bodies and refresh our souls safely in Your sight through this long night. Banish bad dreams and demons, and deliver us safely to the light of a blessed new day that we may fulfill all Your expectations. Amen.

XI – Morning Prayer

Dear Lord thank You for blessing me with the Miraculous Gift of a new day. Please help me face this day with all of its potential pitfalls, trials and troubles with deep Faith in Your Words; whoever asks shall receive, whoever seeks shall find and to whoever knocks it shall be opened. Bless me today, and inspire my words and actions to be those of a Follower of Jesus. Help me to help those in need. Allow me to see and seize every opportunity You send my way today. Aid me in spreading Your Teachings, Your Peace and Your Love to make this a better world. And protect me and deliver me safely into the arms of my loved ones as this day comes to a close. Amen.

XII - Prayer for Family

My love for my family is second only to my love for Thee my Lord. Just as I would gladly give all for You, I would gladly give all for my family. I ask that You protect my family and bless me with the money and the means to provide for all of their needs. But, I realize that their needs go beyond mere physical things. In Your Goodness, please strengthen my Faith and send the Holy Spirit to bless me with the Gifts of Knowledge and Wisdom so that I may faithfully teach them Your Word, inspire them to be Good Christians, and encourage them to have the courage to help those in need. Lord please watch over and provide for my family this day so that we may all gather together as the sun sets and praise You for our blessings and gifts. Amen.

XIII - Prayer for the Homeless

When the Apostles traveled the world spreading The Word, they were often offered food and shelter by the Faithful. Dear Lord, the homeless are in desperate need of food and shelter. Please send the Holy Spirit to bless Your Faithful with the Gift of Understanding that they might see the seriousness of the situation and be generous in their prayers and their giving. We ask Dear Lord that You help the homeless in their hour of need, regardless of the circumstances that led them there. Please have Mercy on them, and provide them with the sustenance, shelter and spiritual strength they need to survive and to once again be blessed with good health and a good home that they may spread The Word, help others in need, and share their Faith. Amen.

XIV – Prayer for those in Slavery or Bondage

Man only dreams that slavery and bondage have been done away with. Whether bound in servitude and submission, or as a slave to outdated customs, or incarcerated by the just or unjust laws of the land, my freedom is forfeit, my hopes are dashed and my days spent in despair. The ravages visited upon my body are nothing compared to the tortures inflicted on my soul. Lord, in Your Mercy forgive me for whatever part I may have played in finding myself in bondage and bless me with the will to survive until the day of freedom arrives. Help me to keep the Faith, and renew my Spirit and my Soul so that I may know Your Salvation of the soul even while my body is enslaved. Forgive those that have imprisoned me, show them Your Love, and The Light of the True Path until that day when they set me free. Amen.

XV - Prayer to Avoid Foreclosure

The moneychangers have come to foreclose on our home and drive my family into the streets. Oh Lord, please bless me with the wisdom, the money and the means to forestall them until I can repair my finances and meet their demands so that we are not made homeless. Lord, look not on the reasons, whether through my fault or the fault of others, that I have arrived in this condition, but rather look upon me and my family with Mercy and bless us with a reprieve and relief from those who would make us homeless. Amen.

XVI- Prayer for Vocations

Lord, many are called to serve You both as Ordained and Lay Ministers. But alas Lord, so many more are needed. Our Church has fewer Masses, while those in hospitals and health facilities have fewer pastoral visits, and the homebound seldom see a priest. In these troubled times, Your Flock needs more Shepherds, so we pray for an increase in Priestly Vocations and for those called to the Lay Ministries of Your Church. Inspire the Faithful to discern Your Will, heed our needs, and answer Your Calling by making a vow to serve in the manner in which the Holy Spirits directs them. Amen.

XVII - Prayer to Jesus for a Special Purpose



*Dear Jesus, I want so much to follow Your Footsteps, to spread Your Word, and to live a Christian Life. Please send the Holy Spirit to bless me with the Gifts of Understanding, Knowledge and Wisdom that I may discern and do God's Will. Lord Jesus, You promised us; ask and you shall receive, seek and you shall find, knock and it shall be opened to you. From the depths of my Heart and with all of my Faith, I now ask You Lord for , while I seek , and knock on Please bless me with Your Love, Your Peace and Your Mercy so I may receive that which You have promised us.**

**Fill in the blanks with your special petitions. I follow this prayer with ...*

My Lord Jesus, I pledge to you my unyielding Faith and unending Love and therefore have the courage to pray to Our Father in Heaven with the words You taught us: "Our Father, who art in Heaven, hallowed be Thy name, Thy Kingdom come, Thy will be done, on earth as it is in Heaven, give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us. lead us not into temptation, but deliver us from evil."

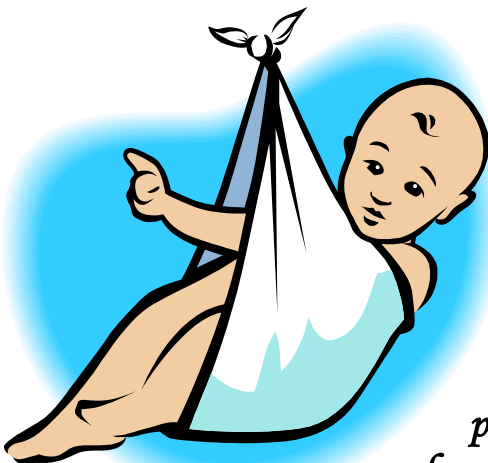
Amen.

Matthew 7:7 [Prayer and the Golden Rule] "Ask and it will be given to you; seek and you will find; knock and the door will be opened."

XVIII - Wisdom to follow the Path of Salvation.

Lord, the road before me splits into several paths and each path has many twists and turns and is strewn with potholes and pitfalls. At every step there are temptations to test the Faith of even the strongest of Your Followers. Please send the Holy Spirit to bless me with the Wisdom to choose the Path of Righteousness, to avoid the many pitfalls, and resist all the temptations. I know that when I put my Faith in You Dear Lord that You will not fail me. Please let my Faith and the Wisdom of the Holy Spirit guide my feet on my Life's Journey so that I may follow in Your Footsteps and lead those that I dearly love along the true Path of Salvation. Amen.

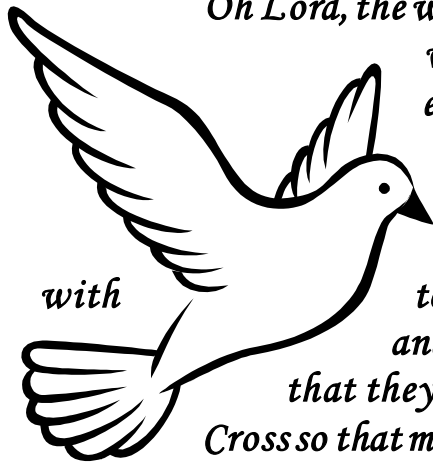
XIX - Stop the Killing of the Innocents



Thousands of children, both born and unborn, are being killed every day. Dear Lord, we know that in Your eyes a baby is a child whether in its mother's womb or in her arms. Too many sons and daughters, future fathers, holy men, leaders and scholars have been murdered before they could make the contributions to mankind that You had planned for them. While these babies now rest forever with You in Heaven, alas too many other souls have been lost in committing and condoning these murders. We ask You to forgive those who have committed these murders. We plead with You to help the Faithful stop the Killing of the Innocents that plagues the world today. Send the Holy Spirit with all Your might to help us in our fight, that we may show those who would murder Your Children the Light and Sacredness of Life. Help us to finally end the Innocents' screams of terror and their Mothers' tears of sadness. And we pray to the Blessed Virgin Mary, please help us to help them! Amen.

Matthew 19:14 ... but Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these."

XX - Prayer for Peace



Oh Lord, the world rocks from the resounding blows of those who wage war. They war on men, women, children and even the unborn. The sounds of war are as unending as the sounds of silence from the slain. A silence which is only drowned out by the screams of those with torn bodies and the silent stares of those torn souls. Please bring an end to the violence, killing and bloodshed. Send the Holy Spirit to remind all men that they are brothers, that You suffered and died on The Cross so that man would no longer need to suffer and might live in Peace. Please bring the Peace to the World that You promised, restore the bodies of the wounded and repair the souls of those who did the slaying. May the Peace of the Lord be with us all. Amen.

XXI - Prayer before Confession (Sacrament of Reconciliation)

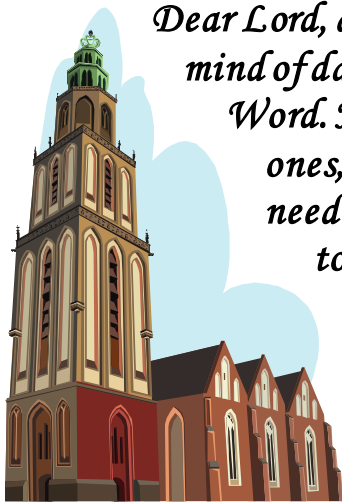
My Lord, as I approach Your Sacred Sacrament of Reconciliation, please bless me with the courage to make a complete and true confession, to lay before my confessor and You my deepest sins and shortcomings, my most embarrassing lapses of faith and deepest dark secrets. Bless me with the strength to speak openly of what I have done and what I have failed to do in keeping with Your Commandments. Help me to perform the penance that is my just due so that my soul may be refreshed and my communion with the one body of Your Church is renewed. I thank You for blessing me with this Reconciliation to allow me, a simple and humble sinner, to have a fresh start following Your Path of Salvation Amen.



James 5:16 Therefore, confess your sins to one another, and pray for one another that you may be healed. The fervent prayer of a righteous person is very powerful.

Postscript Prayers

Prayer before Sunday Mass



Dear Lord, as I enter Your House to worship You today, please clear my mind of day-to-day worries and bless me with the peace to focus on Your Word. Help me to understand Your Word as it relates to me, my loved ones, and my daily life. Guide me to give of my treasure to those in need and hear my prayers for those less fortunate than I. Allow me to Commune fully with You when I receive the Holy Eucharist. Please hear my prayers for priestly and parish vocations so that our Catholic Community may continue to be blessed with both ordained and lay ministers for our services. Let me leave this Holy Hour refreshed in my Faith and renewed in Your Love. Amen.

Philippians 4:6 Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

Prayer for Haiti and all Nations in Despair

Once a beautiful tropical land filled with peaceful people, our home has been laid waste by disasters, storms and strife leaving us displaced, destitute and in despair. Many are deprived of even the basic necessities of life, while more are in desperate need of proper food, clothing and shelter. Yet amid all the hunger, sickness, disease and despair, there remains among our people Faith and Hope. Faith in the tender Mercy of You, Our Lord, and the Hope that the Faithful of the world will find the Charity to rise and revive us and our land. Dear Lord, please bless our people with Your Mercy and send forth the Holy Spirit to sustain them until Your Faithful from all nations rally to help us fully recover. Call on Your Faithful to send us the food, funds, and other necessities of life that we need to restore our beautiful homeland. Amen.



1 Timothy 2:1 [A Call to Prayer] First of all, then, I ask that supplications, prayers, petitions, and thanksgivings be offered for everyone

Can you spare a dollar?

Today there are more than 77 million Catholics in the United States. Sadly, many do not go to Mass on Sunday. Tragically, even more do not give to help the Poor, the Homeless and the Forgotten. While Mass attendance is down, Mass collections are down even more. True, we are all experiencing tough times, but couldn't you spare just ONE extra dollar this week?



That's just one cup of coffee, or can of soda or several cigarettes. If every Catholic put just one extra dollar in the collection this Sunday, there would be an extra \$77,000,000 to feed clothe and shelter the Poor and Homeless. We could feed a Million People for the whole coming week with that money!

Every little but helps. Do your small part to help. Can you spare a dollar?

*Partial List of Major Charities**

Catholic Charities <http://www.catholiccharitiesusa.org/>

Knights of Columbus <http://www.kofc.org/en/index.html>

Save the Children <http://www.savethechildren.org/>

St. Jude Children's Hospitals <http://www.stjude.org/>

St. Vincent De Paul <http://www.svdpusa.org/>

The Salvation Army <https://donate.salvationarmyusa.org/>

There are many Charities right in your hometown starting with your Church.

** These are some of the most well known Charities and their public website URLs. The author does not represent nor endorse any organization. Please do your own research and due diligence before giving any money, especially via the Internet!*

Two Pages for Your Own Special Prayers

I hope 'Twenty Prayers' has inspired you to spend more time each day in prayer and thanksgiving to Our Lord. You will find even greater inspiration in The Holy Bible. Spend some time each day reading The Word. Amen.

